

Community News & Views Ipswich

August 2018
Vol: 25 No. 8

A Free Magazine!
Published Monthly

Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.

Queensland
Seniors
Week



Celebrating
a Queensland
for All Ages

August 18-26

COTA
QUEENSLAND



Good Stuff in this Issue

- ❄️ Community Gardens & Succulents
- ❄️ Senior's Week
- ❄️ Art Therapy returning!
- ❄️ Dental Health Week
- ❄️ Abroad in China
- ❄️ Fun Stuff + loads more



**IPSWICH 60
AND BETTER
PROGRAM Inc.**

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S
You can't turn the clock back but you can wind it up again!

Supported by Ipswich City Council and Ipswich Hospital Foundation



Ipswich 60 and Better Program Committee Members 2017-2018

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Office Volunteer - Maureen Reinke **Facebook :** Brittney McPake

UQ Bachelor of Health Science Student: Joshua Lin **Annual Membership Fee** \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

1000+newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

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President's Words

Just sitting out here in the open air on a Saturday morning enjoying what Ipswich has on offer and what the Ipswich City Council is doing to improve local areas for the town residents. Last time I wrote about rubbish and what I am seeing today, doesn't cancel out my recent words in July, but it is truly a wonderful thing that people are willing to make a difference by their actions and help clean up the local environment.

Down on Blackall Street one man and his family are certainly making a difference and improving the condition of the banks of our Bremer River. The mighty Bremer River full on mud colour. In my opinion it will never be any different, but by helping to keep weeds down and rubbish in containers our world will certainly be a better place.

Takes time for change to happen and progress to be made, but eventually it will occur. The experiences The Program is facing could be monumental, and by the end of this month hopefully our new Management Committee will be excited to face the challenges ahead in the coming year. As I have said before, having a full committee will make life easier, and following on from where the 2017 - 2018 year which finished well, all members can certainly look forward to a jam packed calendar.

Mark the A.G.M. On your calendar, plan to attend and help the Program move forward into the next year.

Cheers Ethel

August Birthdays

4th Kathy Millers; 7th Sue Schonknecht; 10th Shirley Duncan-Kemp & Marilyn Varvaro; 14th Grace Molloy; 16th Ike van der Hoeven; 17th Frank Molloy; 19th Pauline Muller; 20th Bernadette Rich; 24th Arthur Edwards & Rose-Marie Wooley; 25th Lee Mary Roberts; 26th Kate Collier; 29th Kitty Bird



Happy Birthday to you all!



New Members

Jeanette Fischer and all others

Note: If you want your name featured in the newsletter, we need your consent forms back!

Please ensure membership renewals are returned to us as soon as possible.

COMMUNITY GARDENS

Community gardens are an old concept. They have existed in the UK since 1819 and in Western Europe from the 1830s, where allotments were set aside for the urban working class. They provided a healthy open area in crowded industrial cities and their produce was a food supply for families. During the Depression of the 1930s community gardening provided food, and during the world wars “victory gardens” helped to ensure that resources went to the war effort.

In Australia, the first community garden was established in 1977 in Nunawading, Melbourne. The 1970s was a decade of great change: environmental concerns and changes in recreational activities perhaps contributed to the movement.

Community gardening and city farming are a global movement. These have gained ground in Australia in the last part of the 20th and into the 21st centuries. There is increasing interest in locally produced food and as apartment living in big cities becomes more the norm, community gardens, urban footpaths, street verge gardens and rooftop garden spaces can provide access to open space for food production.

Local councils often provide unused land for these projects and are usually involved in the design, intention and governance/management of the garden areas. The Brisbane City Council has published “Brisbane Community Garden Guide” providing guidelines for establishment and maintenance of a community garden and suggests recreation, community building, food security, nutritional health and education as its purposes.

Sources: ACFCGN (Aust City Farms & Community Gardens Network).



Succulents

Succulents are considered to be a hardy garden plant, renowned for their ability to thrive and flourish on minimal moisture, although they still need a little love and attention. The minimal watering reduces the

amount of leaching of nutrients, which means you only need use a complete fertiliser once a year. Or, if you prefer, you could use a soluble fertiliser monthly during Spring and Autumn.



Succulents in outside gardens or containers prefer to be placed facing in an easterly or northerly position to perform at their best. Plants growing in containers have the advantage of alternating between inside the home in a well-lit position and their garden site.

Plants grown in the garden outside or in containers prefer to be placed facing in an easterly or northerly position to perform at the best. Although succulents are very resistant to attacks from most pests and diseases, they would need to be checked frequently for scale, mealy bug and aphids.

Seniors Week 2018: 18 to 26 August: lots to choose from in Ipswich

Each year, the Ipswich City Council and its partners propose a vast array of activities to mark *Seniors Week*. We know YOU did not wait for *Seniors Week* to sign up and be active; you joined *60 and Better Program*. There is no lack of opportunities here in Ipswich to be active and engaged; just look at the “*What’s on*” pages in *The Advertiser*, it just goes on for ever! However, what *Seniors Week* does provide is a platform to celebrate the contributions of older people and to promote those organisations who are keeping us active and engaged in our community. It is also a chance for you to talk your family and friends into “*giving it a go*” and by that we mean try everything that takes your fancy.

We are asking for your help to advertise the 2018 SEE CREATE CONNECT EXPO to be held on **Tuesday 21st August** at the North Ipswich Reserve Corporate Centre (see advertisement below). The inaugural SCC Expo was a huge success last year with close to 500 people attending and 50 stalls. If you missed it, make every effort to come this year, you will not be disappointed. If you did come last year then come again and bring along your family and friends. We have new exhibitors you’ve not met before who are keen to speak with you. The Expo is a "One-Stop Shop" regrouping organisations from the corporate, for-purpose and government sectors, all providing information and services specifically aimed at the over 50s. For more information please contact Paulette on 0498 200 055 or go to the U3A Ipswich website: <http://www.u3aipswich.org.au/scc-expo/>



See Create Connect Expo

Tuesday, 21 August 2018, 10.00 am to 2.00 pm

North Ipswich Reserve Corporate Centre
43 The Terrace, North Ipswich

- Launch for Seniors Week 2018 in Ipswich
- Seniors Expo with over 40 stallholders
- Coffee van / food for sale
- No need to RSVP
- More info: u3aipswich.org.au

SEE
new and interesting ideas for enjoying retirement

CONNECT
with other like-minded people wanting the best out of life

CREATE
a life of fun, interest, good people and adventures

FREE

Senior's Week 2018, 18th - 26th August

Calendar of Events

See Create Connect Expo

Cost: FREE

When: 10am - 2pm Tuesday, 21 August 2018

Where: North Ipswich Corporate Centre, 43 The Terrace,
North Ipswich

Contact u3aipswich.org.au for more information

Marburg Seniors Week Celebrations

Cost: FREE

When: 9:30am-1:30pm Wednesday, 22 August 2018

Where: Marburg Community Hall and Park, Cnr Queen &
Edmond Sts, Marburg
No need to RSVP

First Aid Training for Seniors (Non-Accredited)

Cost: \$20

When: 10am - 3pm Wednesday, 22 August 2018

Where: Redbank Plains Community Centre, School Rd,
Redbank Plains

Morning tea and light lunch provided!

Contact Karri Browne via email karri.browne@ipswich.qld.gov.au
or on 3810 6646



CPR Refresher

Cost: \$25

When: 4:30pm - 6:30pm Wednesday, 22 August 2018

Where: Redbank Plains Community Centre, School Rd,
Redbank Plains

Contact Karri Browne via email karri.browne@ipswich.qld.gov.au
or on 3810 6646



Ageing Stronger, Active Longer Forum

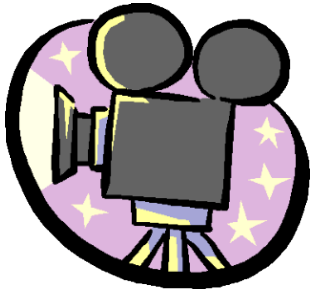
Cost: FREE

When: 10am - 3pm Thursday, 23 August 2018

Where: Humanities Building Auditorium, 56 South St, Ipswich

Morning tea and light lunch provided!

Contact Karri Browne via email karri.browne@ipswich.qld.gov.au
or on 3810 6646



Seniors Cinema Day

Cost: \$7.50 (popcorn, drink, ticket combo)

When: 10am - 12:30pm Friday, 24 August 2018

Where: Limelight Cinemas, Riverlink

Book in person at Ipswich City Council Customer Service Centre, 143 Brisbane St, Ipswich, Mon-Fri 8:30am - 4:30pm
OR over the phone 3810 6666 8am - 4:30pm

RSVP by 23/08/2018 to Ipswich City Council on 3810 6666

Contact Karri Browne via email karri.browne@ipswich.qld.gov.au
or on 3810 6646

Breakfast BBQ for Seniors

Cost: FREE

When: 8am - 12noon Saturday, 25 August 2018

Where: Gailes Community House, 30 Karina St,
Gailes

Bookings essential. RSVP by 23/08/2018.

Contact Cassie on 3879 3004 for more info or to book.



First Aid Training for Seniors (Accredited)

Cost: \$40

When: 9am - 4pm Monday, 27 August 2018

Where: Queens Park Education Centre, Ipswich

Morning tea and light lunch provided!

Contact Karri Browne via email

karri.browne@ipswich.qld.gov.au or on 3810 6646



Life's Short...So Let's Talk

We talk about the weather, our weekend, sports and our holidays with our families...so why is it so difficult to talk about our life's journey and our end of life wishes?

Jolene Hill, the founder of Your Life Talks, is an advocate for raising community awareness of the importance of families initiating conversations to recognize our loved ones' intrinsic need to remember and celebrate their life and achievements and share their plans for the future.

It is often a health crisis that forces the tough conversations, and many families find themselves having to rush to make important decisions about their loved one's healthcare or housing options at an already emotional and stressful time. What most people need is something other than a crisis to kick-start these conversations.

The 'Your Life Talks' team has created 2 sets of Conversation Starter Cards as a great way to break-the-ice for families, and the younger generation, to talk with their loved ones. The cards and their accompanying booklets provide a simple conversation style format to ease into these conversations. Along with using the Conversations Starter Cards, having a visual prompt such as a photo album, souvenir or memento can be a great way to start the conversation flowing naturally. Or simply asking your loved one to reflect on their life journey with questions from the 'Your Life Story' Conversation Cards, can be a fun and inclusive activity for the whole family.

Spending time reflecting on a life journey naturally flows into talking about what we would like to happen in the future. This can make it easier to transition into conversations about our end-of-life wishes.

"Having these conversations about life and what matters most is a wonderful way for us to reaffirm to our loved ones how much they have impacted our lives and how much they've meant to us," Jolene says.



Art therapy uses the disciplines of **art** and **psychology** in a way that allows you to use creative expression. Art therapy may also help you to express yourself through creative expression, providing insights into aspects of yourself that you didn't know existed. Art therapists are trained in the arts and also therapy, allowing them to guide you through the process of creative expression. They are also quite capable of providing insights into your creations, helping you to understand some aspects of yourself that you did not even know existed.

Sharing your time in art therapy with people you are comfortable with, may also help you in times of stress to find a calm place giving you a sense of relief and achieving a much better frame of mind and improving your well-being.

Art is the only way to run away without leaving home.

Twyla Tharp

Is your home getting too much?

This is Helen Bryan from RE/MAX answering questions about Real Estate.

Question: Do I need a “for sale” sign?

Answer: It’s recommended. It’s hard to sell a secret. Buyers drive around streets they are interested in buying in and neighbours may have friends or relatives looking to buy in the area.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
- 19 years’ experience, warmth and friendliness
- Razor sharp negotiation, communication skills

Free no obligation appraisals available now.

Helen Bryan

0418 722 135 / 3510 5238

helenb@remax.com.au

RE/MAX
Profile Real Estate

Each office independently owned and operated



60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10 am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	*Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	2nd Saturday of the month <u>Pending changes</u>	<u>Pending changes</u>	Limelight Cinema, Ipswich	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 9th & 23rd August 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 6th August 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 29th August 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	2018 Annual General Meeting 29th August 10am Red Cross Room Guest speaker, raffle, morning tea provided			The Office 3282 8644 RSVP asap
Social Sub Committee	20th August 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building Aveo Springfield	The Office 3282 8644

Activities in Partnership with Ipswich 60 & Better

Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 17th August 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



FIT4LIFE
Fitness Activities

LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 16th August 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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Your monthly mind exercises and a little laughter

Life is too short to spend it in worry and stress. Laughter is free and the best medicine around. Give yourself a daily dose of this medicine and take the time out to enjoy humour.

An Easy Sudoku to get you started

		3			4			
2					5		7	
7			8	2		4		
4				3		6		
	7		1		6		9	
		1		4				3
		7		1	8			9
	4		7					8
			2			3		

Some Puns to make you smile!

- * Venison for dinner again? Oh deer!
- * I used to be a banker, but then I lost interest.
- * Haunted French pancakes give me the crepes.
- * England has no kidney bank, but it does have a Liverpool.
- * I tried to catch some fog, but I mist.
- * They told me I had type-A blood, but it was a Type-O.
- * I changed my iPod's name to Titanic. It's syncing now.



How good is your general knowledge?

Eat Your Words!

Which foods were named after these people:

1. Lemuel Benedict
2. Nellie Melba
3. John Montagu
4. Mary Ann Smith
5. Father Clement Rodier?



July Answers

Knotty problem -
I would form a knot.

Dingbat -
1 Scrambled eggs
2. All in good time
3. Split second timing
4. Bags under the eyes

		T	R	O	M	B	O	N	E	S
		I		R		E		O		I
L	U	G	G	A	G	E		I	N	N
A		H		T		R		S		
B	O	T	T	O	M		T	E	C	H
E				R	A	M				E
L	O	U	D		D	O	C	T	O	R
		N		M		T		W		O
R	O	D		O	P	I	N	I	O	N
		E		T		O		N		
M	E	R	C	H	A	N	T	S		



My Health Record

An online summary of your key health information



A secure system



Personally controlled



This year, you will get a **My Health Record** unless you tell us you don't want one by 15 October 2018.

For more information go to:

MyHealthRecord.gov.au | Help line 1800 723 471

Dental Health Week 2018



Dental Health Week is an annual oral health campaign run by the Australian Dental Association. It aims to educate individuals about the importance of maintaining good oral health.

Age in itself is not a sole determining factor of oral health; however certain age-related conditions such as Arthritis, physical abilities, deficiencies, and medications, contribute to it. Collectively, these conditions impact on how oral ailments progress and are treated.

Oral Problems and Diseases

Cases of Dental Caries (tooth decay), Periodontal (gum) Diseases, Xerostomia (dry mouth), Falls (trauma to the mouth), and Oral Cancer are all on the incline among older Australians. Such conditions have major impacts on individuals' lives and wellbeing.

Quiz (the following apply to natural teeth, mouth and dentures)

- Do you have any of your natural teeth?
- Have you had pain in your mouth while chewing?
- Have you lost any fillings, or do you need a dental visit for any other reason?
- Have you avoided laughing or smiling?
- Have you had to interrupt meals?
- Have you had difficulty relaxing?

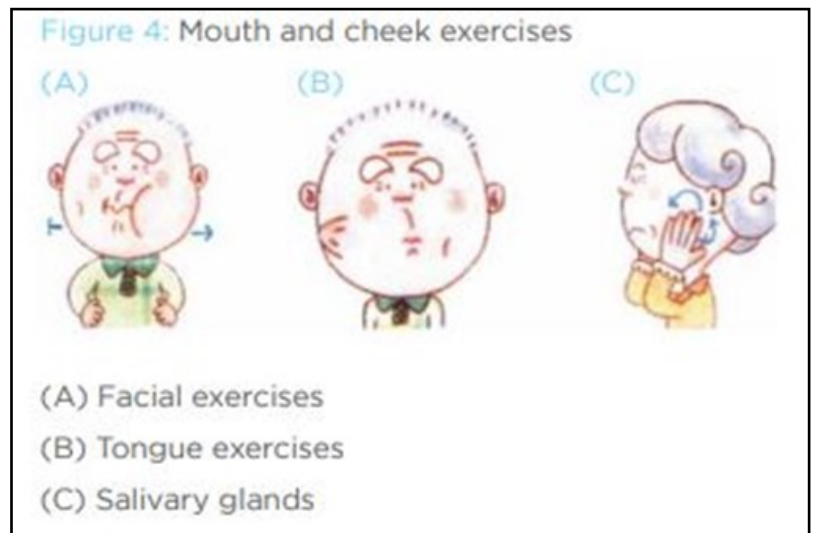
If you have answered "Yes" to any of these questions, it is recommended you visit an oral health physician.

Four Simple Tips

- 1) Brush twice daily, with fluoride toothpaste
- 1) Use floss at least once a day
- 2) Eat healthy. Reduce sugary drinks and food
- 3) Visit the dentist for regular check-ups

Preventing Oral Health Problems

- **Eat Well**
Eat a balanced, healthy diet - choosing foods from all of the food groups.
- **Drink Well**
Water is your best friend!
- **Clean Well**
Natural teeth
Brush teeth in the morning and night, using a small amount of fluoride toothpaste. Spit residue toothpaste out but **DO NOT** rinse mouth after brushing. Replace toothbrush quarterly, or when bristles are shaggy or after an oral infection. Use floss or interdental brushes to clean between teeth once a day.
Dentures
Clean daily with denture brush and a liquid soft soap. Rinse well in clean water. **DO NOT** use normal toothpaste. Hold dentures carefully (they can be slippery!) and brush over a small bowl set in a sink to prevent breakage if dropped. Brush gums, tongue and any natural teeth with a normal toothbrush.
Remove dentures over night and store in a glass of cold water.
- **Play Well**
Exercises for stronger cheek and tongue muscles improve saliva flow and help maintain a moist mouth.
- **Stay Well**
Visit the dentist regularly!



Final word: Dental treatments can be very costly and most oral health conditions are preventable!

Sources

- <http://www.health.nsw.gov.au/oralhealth/Publications/oral-health-older-people-toolkit.pdf>
- <https://www.webmd.com/oral-health/guide/dental-care-seniors#1>
- <https://www.ada.org.au/Dental-Health-Week/Home>

**PREPAY TODAY.
NOTHING TO PAY TOMORROW.**

A prepaid funeral means no extra costs*. It's a simple choice.
Call us anytime on 3812 2011 or visit simplicityfunerals.com.au

* Any services required in addition to the original agreement may incur extra costs.

Reed & Bottcher

A Simplicity Funeral service

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Laubman & Pank

Optometrists

Focused on you

At Laubman & Pank Riverlink, we know how important your eyes are, so we take the time to understand you, your eyes and your lifestyle, and offer solutions that best suit you.

Our optometrists are thorough, and will give you a total eye health check using the latest technology, so you know you're in good hands.

On the spot claiming for all health funds. DVA Gold Card accepted.
Medicare Bulk-Billing available.

Riverlink Shopping Centre, opposite Medibank kiosk Ph 3281 1505

Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305

KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
SHOP 12 JUNCTION ROAD, KARALEE

FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
10/1455 BRISBANE VALLEY HIGHWAY, FERNVALE

SERVICES:

- Physiotherapy (Sports/Musculoskeletal/Paediatric)
- Western Acupuncture
- Chinese Acupuncture
- Hydrotherapy
- Clinical Pilates/Pilates Classes
- Actively Aging Classes
- Exercise Physiology

Private health fund, DVA,
Workcover, and Medicare
Referrals Accepted. HICAPS
available for Ipswich Office.

Activity News

Movies Unfortunately the bus we've been using has become unavailable so we are exploring other transport options for this activity to continue. If you have any ideas, feel free to share them with us. The Buffs usually enjoy their outings and either go shopping, grab a bite to eat or see a film. Call us on 3282 8644.

Walking Every Tuesday 4pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!

Many thanks to all members and friends who have collected and donated used stamps: David Walker, Dot Sawyers, Pauline McFaddin, Yvonne and Eric Jonker, Patrick Pearce, Sharon Born, Brian Schilling, Gladis Alford, Fay Hancox and all others



Stroke Support Group

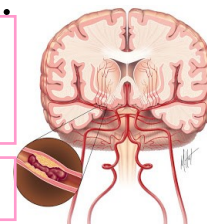
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea



Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to Contact Marlene on 3281 4859.

IPad for Beginners

2 week series

with Laurie Zaat

Phone 3282 8644 to

register for next classes

Computers for Beginners

Fridays 1pm, 60 and Better Office

Phone Doug 0421 285 506

after 9am.

Weekly Aqua Aerobics

Goodna Aquatic Centre 3381 8240

Tues, Fri 8-9am Mon, Wed, Thurs 6.15 - 7.15pm

\$10 per session or 10 sessions for \$88

<http://www.australiancrawl.net.au/>

McMahon's Swim Factory \$9.00 3812 2923

Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues

Wed Thur 6pm; Fri 8am

<http://www.swimfactory.com.au/index.html>

Tai Chi for Arthritis

Please contact Instructors for 2018 info

Ipswich: Phone Roslyn 54644515

Rosewood & Lowood : Phone Jean

54641023

Laidley: Phone Joanne 0448050447

Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

Jacaranda St, East Ipswich

TWELVE DAYS IN CHINA

Thank you for your submission, Lori Patrick

Recently my daughter Deb and I flew to Guangzhou in the province of Guandong, (formerly Canton) China, to visit my Grand-son Harry. It was very comforting having an escort, as Harry has been there for 8 years and speaks excellent Chinese (Mandarin and Cantonese). He proved to be a very handy guide and took us to some of the historical points of interest in that amazing city of approx. 14 million people.

My first impression was the huge volume of traffic. Many of the streets and roads have 8 lanes and except for the numerous taxis and commercial vehicles, most cars were late model top of the range vehicles. Despite the seething traffic interspersed with the occasional motor or push-bike (often with a large load) I never saw any sort of traffic accident or incident. How they manage it I don't know. We usually caught up to four taxis a day. I didn't even see a police car.

The street greenery of Guangzhou, known as "The City of Flowers" is really beautiful. Many of the flowers and plants are similar to those grown in S.E. Queensland, and are all meticulously trimmed and cared for.

Harry, known there as Hazza, often took us to his places of work and it was most interesting to see how the news (Radio and T.V.) are produced and presented by him. He also produces a segment for "on line" presentations, (including Deb and I in two of them). He interviewed me about my book "The Publican's Wife" for a radio show he produces and offered a book prize for the best response to the segment.

Guandong Radio and Television is the largest Provincial T.V. network in the province, the most populous and economically progressive province in China. Hazza is a host of the GRT radio daily English news programme "Guandong Report" and host of the GDTV World's Face-time Program. He was awarded the young Australian-Chinese alumni in 2017 along with the highest national-level award for media and journalism in China.

Hazza is also a singer and we sat in on the recording of a song produced (with its writer) for backing in a film currently in production.

Deb and I were each in "skits" he produces for an on-line production. Mine took place in a top restaurant (recently awarded a Michelin Star), and involved taste testing 5 of the worst sounding items on the menu. Luckily the restaurant has a separate room for each table, and only the family and crew observed this production. It will appear "on line" shortly. Deb also appeared in one of the episodes showing the difference between Chinese and Western make up, for men.

Continued on next page...

Among the many high-lights of the trip, we visited an ivory museum, the Sun Yet Sin Memorial Temple and the Canton Tower, a 600 metre edifice, which involved a ride to the top in a fast lift, then in a sight-seeing spherical cabin which does a 20 minute circuit of the top of the main tower, which is a very colourful and impressive sight at night. I also braved the Big Dipper at Disneyland in Hong Kong – a most terrifying experience.

The weather was hot and humid, but our hotel supplied enough bottled water to see us through the day. We found all the people with whom we had contact, especially the hotel staff, always willing to help, often with a bit of miming and hand-signals. Most courteous people. We noted the beautiful clothes of the women, mainly slim ladies often dressed in gorgeous net, lace and chiffon day frocks. There were a few “Starbucks” and “7-11” stores to make us feel a bit at home. They were good direction markers, too.

We saw only one ‘beggar’ – an elderly lady lying on a pedestrian over-pass, a small bowl with a few coins, lying next to her.

One evening we went for drinks to a bar with the China-Australian Chamber of Commerce for their monthly gathering, and a send off for an English Professor leaving after 15 years in GZ held in an Irish Pub called “The Paddy Field”. We also visited the area where once all the Embassies were situated. There is only one operating there now, but the Colonial style buildings and surroundings were most impressive, with some beautiful statues.

We tried 3 hairdressers and received a most vigorous pummelling and head massage in each. Ladies did the shampooing and men the blow-drying and styling. For my T.V. appearance I showed a photo of the desired style which finally bore some resemblance to the end result. Nevertheless, we very much enjoyed our stay in China, and our excellent host.



The secret to longevity, as told by our local 106 year old celebrity, Liz Jordan, is to ‘stay active’.

AGGM

When: **29th August** at 10am
Where: Red Cross Room (end of corridor beside cafeteria), Humanities Building
Guest Speaker: Lorraine Patrick
(Author "The Publican's Wife")
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